

## Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.

## Dr. F. P. Ramsey

Physician and Surgeon.

Graduate of College of Physicians and Surgeons of the University of Illinois.

OFFICE SHERMAN BLOCK  
East Jordan, Mich.  
Phone No. 196

## DRS. VARDON & PARKS

PHYSICIANS AND SURGEONS

Office in Monroe block, over  
Spring Drug Co's Store  
Phone 158-4 rings  
Office hours: 1:30 to 4:00 p. m.  
7:00 to 8:00 p. m.  
X-RAY in Office.

## Dr. G. W. Bechtold

DENTIST

Office Hours: 8:00 to 12:00 a. m.  
1:00 to 5:00 p. m.  
Evenings by Appointment.  
Office, Second Floor of Kimball Block.

## Dr. C. H. Pray

Dentist

Office Hours:  
8 to 12 a. m. 1 to 5 p. m.  
And Evenings.

Phone No. 223.

## Frank Phillips

Tonsorial Artist.

When in need of anything in my line call in and see me.

DON'T GIVE AWAY your old rubbers, scrap iron, rags and junk. Take it to HARRY KLING and get the top-notch price.

Those contemplating the purchase of a Monument can save money by interviewing Mrs. George Sherman who is local agent for a well known manufacturer of high grade monuments.

### A WOMAN'S KINDLY ACT

Mrs. G. H. Eveland, Duncan Mills, Ill., writes: "I was stricken with lumbago, unable to turn in bed. A neighbor brought Foley Kidney Pills. She had been similarly afflicted and they cured her. I was cured by three bottles." If the kidneys do not function lumbago, rheumatism, aches, pains, are apt to result.—Hites Drug Store.

## Pointed Paragraphs From Speech of Acceptance of Charles E. Hughes

It is apparent that we are shockingly unprepared.

When we contemplate industrial and commercial conditions, we see that we are living in a fool's paradise.

Not only have we a host of resources short of war by which to enforce our just demands, but we shall never promote our peace by being stronger in words than in deeds.

We are neither deceived nor unprepared by abnormal conditions. We know that we are in a critical period, perhaps more critical than any period since the Civil War.

The Administration utterly failed to perform its obvious duty to secure protection for the lives and property of our citizens. It is most unworthy to stir those who have investments in Mexico in order to escape a condemnation for the non-performance of this duty.

It is only through international co-operation giving a reasonable assurance of peace that we may hope for the limitation of armaments.

We have determined to cut out, root and branch, monopolistic practices, but we can do this without hobbling enterprise or narrowing the scope of legitimate achievement.

We demand a simple business-like budget.

I believe it is only through a responsible budget, proposed by the executive, that we shall avoid financial waste.

We have had brave words in a series of notes, but despite our protests the lives of Americans have been destroyed.

Phrases which will NOT occur in the Woodrow Wilson speech of acceptance:

Psychological prosperity.  
Molasses to catch flies.  
Strict accountability.  
Too proud to fight.  
Salute the Flag.  
Get Villa.  
Butt in.

### PROBATE ORDER

State of Michigan, The Probate Court for the County of Charlevoix.

At a session of said Court, held at the Probate Office in the City of Charlevoix in said County, on the 3rd day of August A. D. 1916.

Present, Hon. Servetus A. Correll, Judge of Probate.

In the Matter of the Estate of George J. Bowen, Deceased.

Eunice J. Bowen having filed in said court her petition praying that the administration of said estate be granted to Ashland Bowen or to some other suitable person.

It is Ordered, That the 26th day of August A. D. 1916, at ten o'clock in the forenoon, at said probate office, be and is hereby appointed for hearing said petition;

It is Further Ordered, That public notice thereof be given by publication of a copy of this order, once each week for three successive weeks previous to said day of hearing, in the Charlevoix County Herald a newspaper, printed and circulated in said county.

SERVETUS A. CORRELL,

Judge of Probate.

A true copy.

Servetus A. Correll,

Judge of Probate.

## DRINK MORE WATER IF KIDNEYS BOTHER

Eat less meat and take Salts for Backache or Bladder trouble—Neutralizes acids.

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush off the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water; also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it is no longer a source of irritation, thus ending bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only troubling.

## CHARLEVOIX COUNTY HERALD

G. A. Lisk, Publisher

ONE DOLLAR PER YEAR

Entered at the postoffice at East Jordan Michigan, as second class mail matter.

## MRS. THOMAS GOULD PASSES AWAY

The body of Mrs. Alice D. Gould, wife of Thomas B. Gould of Jordan township, who passed away at Petoskey last Sunday, was brought home Monday. Mrs. Gould had suffered for nearly a year and undergone three operations for cancer. She was sixty-five years, four months and ten days old and next year she and Mr. Gould would have celebrated their golden wedding anniversary.

Mrs. Gould was born in New York and came to Michigan with her parents when a young girl. Mr. and Mrs. Gould have resided on their farm near this city for nearly forty years and are widely known throughout this region.

Funeral services were held from her late home on Tuesday, conducted by Rev. William Haskins assisted by Rev. John Clemens. Interment at the Mt. Bliss cemetery.

### ALONG THE FIRING LINE

In the New York market recently there was a sale of nine cars of Italian lemons and one car of similar fruit from California. Evidently the Italian lemon lobby got its moneys worth when it spent \$140,000 to induce the Democratic party to cut the duty on lemons. If California lemon producers want any consideration in tariff matters, let them raise that \$140,000 bid.

Viewing the management of our relations with Mexico at close range, and having personal knowledge of the way the National Guard has been handled, a prominent guardsman from New York says that if the boys ever get home again and get a chance to return to private life, practically none of them will ever be caught in a similar predicament again. The sins of this administration will rest upon the country for many years to come.

The Democratic press boasts of the passage of a rural credits law but fails to point out how any man is to get money under that law who could not get it before, or how he is to get it under any more favorable conditions.

Germany is sending every incapacitated soldier to the factories as soon as he has recovered sufficiently to be able to do any form of work. Germany is also aiding the factories to keep busy by advancing funds on the credit of warehouse receipts for goods produced. The goods are accumulating in vast quantities awaiting the time when the close of the war will permit shipments. At the end of the war Germany will be under the necessity of realizing quickly on the accumulated goods upon which she has made loans. It will not be a question of getting a high price but of getting some price immediately. The question with the United States is whether those goods, held under such circumstances, shall be dumped upon our markets without the payment of an import duty fairly representing the difference in cost of production here and in Germany, together with a reasonable profit to the American manufacturer who has invested and risked his capital. Every American workman is interested in the answer to that question, and he will have a chance to help answer it at the polls in November. If he wants those goods dumped upon our market, he will vote the Democratic ticket. If he believes in 'America first', he will vote the Republican ticket.

Southern newspapers are complaining because the new rural credits board does not contain a member from the South. "It is noted at Washington," says the New Orleans Times-Picayune, "that the Southern Congressmen are amazed at this action." So are we. The South has received such a preponderance of favor from this administration that we had supposed it to be second nature, at least, with the White House to send the bulk of the plums below Mason and Dixon's line.

### DO YOU KNOW THAT

The hand that carries food to the mouth can also carry disease germs?

Health first is the highest form of safety first?

Tuberculosis and poverty go hand in hand?

The U. S. Public Health Service will send a booklet on flies and disease, gratis to all applicants?

The breast fed baby has the best chance?

Physical fitness is preparedness against disease?

Pneumonia is a communicable disease?

Cockroaches may carry disease?

### Learn a Little Every Day

An electric lighted cross revolves on top of a San Francisco steeple.

Crimes increases at the rate of 300 per cent every ten years.

About 2,240 pounds of apples are required to make 150 pounds of cider.

Over 20,000 women are employed in the canneries of California.

When a lion desires to strike a hard blow it uses its left paw.

The United States produces a bushel and a half of apples per capita.

One ton of whale blubber will yield 200 gallons of oil.

There are 4,000,000 tons of stone in the pyramid of Cheops.

In Vienna girls help mix mortar and carry it in hods up steep ladders to workmen.

Life insurance in Japan has doubled in volume during every decade since it was introduced.

Spain imported 1,200,000 tons of coal during 1915.

There are now 50,000 aviators in the world.

Berlin surgeons cure insomnia by applying electric currents at the base of the brain.

Outside of America the alligator is found only in China.

It is estimated that Spain produces more than three-fourths of the world's supply of olive oil.

Canaries consumed 4,704,625 pounds of bird seed last year.

An engagement ring on the finger is worth two in the pawn shop.

### HE COULD HARDLY WALK

Deranged kidneys cause rheumatism, aches, pains, soreness, stiffness. Ambrose Gary, Sulphur, Okla., writes: "I was bothered with kidney trouble ten years and at times could hardly walk. I began taking Foley Kidney Pills. I got relief from the first but continued till I had taken three bottles. I feel like a new man."—Hites Drug Store.

DURING THE HOT SUMMER MONTHS YOUR MILK

SHOULD BE THE BEST ON THE CALENDAR



# Pastuerized



Exhibits Ready for the Fair?

## EAST JORDAN LUMBER CO. STORE



## Mid-Summer Sale

of Ladies' and Children's Coats and Suits, and  
Ladies' Poplin and Taffeta Dresses  
at **ONE-HALF** Regular Price

### Ladies' Coats

\$10.00 Ladies' Coats now **\$5.00**  
\$12.50 Ladies' Coats now **\$6.25**  
\$15.00 Ladies' Coats now **\$7.50**

### Ladies' Suits

\$15.00 Ladies' Suits now **\$7.50**  
\$22.50 Ladies' Suits now **\$11.25**  
\$25.00 Ladies' Suits now **\$12.50**  
Other Coats and Suits proportionate.

### Children's Coats

\$ 5.00 Children's Coats now **\$2.50**  
\$ 7.50 Children's Coats now **\$3.75**  
\$10.00 Children's Coats now **\$5.00**

### Silk Poplin Dresses

SALE price **\$6.00, \$6.50, \$7.00** and upward.

### Taffeta Dresses

From **\$4.00** upward.

Other Coats proportionate in price.

We cannot give a complete line of prices, but ask you to call at our store and see for yourselves.

**WARNER'S CORSETS** from 65c up to the "Redfern" for \$3.50.

# East Jordan Lumber Co.